

*Good lighting is essential in all buildings, to promote work or other activities that are being performed. Sufficient lighting in the workplace will contribute towards the safety and well being of every worker. Poor lighting could create an unpleasant environment and can also increase the risk of accidents. Therefore, employees need to provide a pleasant and safe work environment as per the [Environmental Regulations for Workplaces, Regulation 3 \(Lighting\)](#) and the [Lighting Schedule](#).*

**Health Effects Associated with Inadequate Lighting are:**

- Increase the risk of accidents within the workplace
- Decrease in productivity as employees find it hard to see
- Eye strain
- Visual Fatigue

**Employer’s Legal Responsibilities:**

- Train employees on how to adjust lighting in their jobs
- Install a lighting maintenance program
- Assess lighting levels in the work environment on a regular basis
- Conduct a lighting survey to determine illumination levels existing within the building

**Note:** The importance of continuing the lighting maintenance program cannot be over-emphasized. Lighting systems can only function effectively when they are well maintained. Poor maintenance reduces the usable light and can thus reduce production, increase costs and lead to visual fatigue. For more information on Lighting requirements go to: [www.hse.gov.uk](http://www.hse.gov.uk)

